



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING ELKS LODGE 5555 W. GOOD HOPE ROAD MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 LUNCH RESERVATIONS REQUIRED 9:30-11:30 24-HOUR NOTICE 760-3195		 Healthy Dessert Option May Contain Pork	Like us on facebook® \$3.00 60+ Suggested Contribution GUEST: \$8.00	¹ Vegetable-Beef-Barley Soup Apricot Glazed Pork Loin* Baked Potato/Sour Cream Peas & Carrots 7-Grain Bread Pineapple Tidbits
⁴ BBQ Beef Sandwich on Whole Grain Bun Hashbrown Casserole Mexi-Corn Pickle Spear Rice Krispie Treat ♥ Fresh Orange	⁵ Pepper Steak w/Tomato, Peppers, Onions Buttered Noodles Winter Squash Vienna Bread Cinnamon Apple Slices	⁶ Cream of Mushroom Soup Vegetable Lasagna Italian Beans Mixed Greens/Dressing w/Cucumber, Tomato Garlic Bread Mandarin Oranges	⁷ Teriyaki Chicken Leg/Thigh Blended Rice Oriental Vegetables Asian Coleslaw Baking Powder Biscuit Fresh Pear	⁸ Omelet with Broccoli Cheese Sauce Vegetable Sausage Patty Hashbrown Potatoes 🍊 Orange Juice Bagel/Cream Cheese Fruit Cup
¹¹ Cheddarwurst* Whole Grain Bun Baked Beans w/Onions & Brown Sugar 🍏 Apple Juice Steamed Baby Carrots Peanut Butter Cookie ♥ Graham Crackers	¹² Chicken Noodle Soup Open Face Sliced Pork* Sandwich on Whole Grain Bread w/Gravy Mashed Potatoes Sweet/Sour Red Cabbage Melon	¹³ Beef Stroganoff Wide Buttered Egg Noodles Green & Wax Bean Medley Pickled Beet Salad Rye Bread Fruited Yogurt	¹⁴ π Pi(e) Day Salisbury Steak Garlic Mashed Potatoes Gravy California Vegetables Marble Rye Bread Dutch Apple Pie ♥ Applesauce	¹⁵ A. Fried Fish B. Baked Fish Potato Pancake Applesauce Coleslaw Marble Rye Bread Snickerdoodle Cookie ♥ Banana
¹⁸ Hot Ham Sandwich* Kaiser Roll German Potato Salad Broccoli-Cauliflower Mix 🍇 Grape Juice Chocolate Chip Cookie ♥ Apricots	¹⁹ Cream of Potato Soup Grilled Chix Caesar Salad Romaine, Tomatoes, Croutons, Dressing Whole Wheat Dinner Roll Fresh Fruit Cup Lemon Sunshine Cake ♥ Lemon Pudding	²⁰ DINE@FIVE Chix Supreme Leg/Thigh Fresh Sweet Potato Green Beans Almondine Spinach Salad/Rasp Dress Wheat Dinner Roll Choc Iced Brownie YFruit	²¹ BBQ Pulled Pork * Sandwich on Whole Grain Bun Succotash Carrot Raisin Salad Sun Chips Blonde Brownie ♥ Banana	²² Cheesy Tuna Noodle Casserole Broccoli Cuts Crinkle Carrots 🍊 Orange Juice Oatmeal Raisin Cookie ♥ Red Delicious Apple
²⁵ Tomato Rice Soup Meatloaf Gravy Scalloped Potatoes Blended Vegetables 7-Grain Bread Blushing Pears	²⁶ Grilled Brat* Whole Wheat Bun German Style Kraut Macaroni & Cheese Cucumber Salad Mandarin Oranges w/Pineapple	²⁷ Roast Beef/Gravy Baked Potato Casserole* Stewed Tomatoes Onions & Peppers Garden Salad/Ranch Whole Grain Dinner Roll Chocolate Cake/Choc Icing ♥ Chilled Fruit	²⁸ Broasted Chicken Broasted Potatoes California Vegetables Mixed Greens/Dressing w/Cucumber & Tomato Dinner Roll Fresh Fruit	²⁹ Stuffed Salmon Boat Dill Sauce Quartered Red Potatoes Brussels Sprouts Multi-Grain Bread Sliced Peaches

NATIONAL NUTRITION MONTH®

MARCH 2019

Words may be horizontal, vertical, diagonal, or backwards.

www.eatright.org

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini



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